BENGALURU, FRIDAY, DECEMBER 6, 2024 www.Bangaloremirror.com 12 Pages PRICE ₹3

Bangalore Mirror

TEMP Max 26 | Min 21 | Humidity 69% Partly Cloudy Sensex 81,765 | Nifty 24,708 | Gold 76,912 | Silver 92,957 | Dollar 84.69 | Euro 89.53 | GBP 108.00

CHARGED UP

With 1,500% growth in 4 years, Karnataka has become number 2 in country as far as registrations for electric vehicles go

PAGE 2

DAMP SQUIB

BBMP chief commissioner's meeting with citizens was poorly managed, say attendees who had to jostle for space, wait for hours

PAGE 7

Researchers find accumulation of heavy metals in certain species of fish being bred in Ulsoor and Agara lakes, warn of risks associated with daily intake

SOMETHING IS FISHY HERE

Copper and zinc were high in all organs of tilapia

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City-based researchers have warned that consuming certain fish species from Ulsoor and Agara lakes may pose health risks. This is due to the bioaccumulation of heavy metals such as Cadmium, Copper, Zinc, Chromium, and Lead in various body parts of the fish.

Prolonged exposure through consumption could lead to chronic health effects, they have warned.

Researchers evaluated levels of these heavy metals in various tissues of the aquacultured fish, Nile tilapia, in the two water bodies over two years (August 2021 to July 2023).

Fish samples were collected and analysed for heavy metal presence. Various tissues such as the gill, muscle, kidney, liver, and gonad of the fish were found to have high accumulation of heavy metals.

The highest concentrations of heavy metals were found in gonad and liver tissues.

In general, copper and zinc

CONTINUED ON PAGE 6 »

"The lakes were chosen due to their location, and aquaculture of Nile tilapia fish. They were also susceptible to pollution resulting from heightened concentrations of hazardous elements, primarily due to the influx of rainwater runoff

- From the study

White-topping gets costlier each year

While earlier concretising 1 km of road would cost Rs 9-10 crore, now it is Rs 12-16 crore

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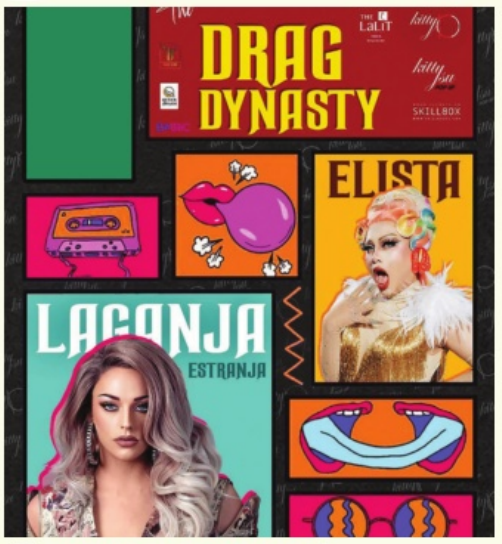
There is no stopping the progress of the white topping project. As more and more roads get concretised, the cost of white-topping has risen dramatically, from ₹9-10 crore per km initially to ₹12-16 crore per km.

Previously, the Bruhat Bengaluru Mahanagara Palike (BBMP) managed the installation of drainage and drinking water pipelines along white-topped roads, but these costs are now being borne by the water supply department. During the financial year 2016-17, the cost was ₹ 272.50 crore for 27.50 km of road. In 2017-18, spending decreased to ₹51.57 crore for 4.57 km. However, expenditure increased again in 2018-19 to ₹125.09 crore for 9.69 km. In 2019-20, the cost rose further to ₹144.63 crore for 15.76 km. The most significant rise occurred in 2020-21, with expenditure reaching ₹ 420.48 crore for 43.08 km. From 2016 to 2021, the total expenditure amounted to ₹1,014.30 crore, covering a cumulative length of 100.60 km.

Sources said that the BBMP is keen

CONTINUED ON PAGE 6 »

THINGS TO DO



01 Express yourself

The Drag Dynasty—An evening of celebration of art, inclusivity, and self-expression with Laganja Estranja, the globally renowned drag artist; Elista, a standout performer from Bangkok known for her electrifying acts; & India's own exceptional drag queens. This event is hosted by Kitty Su India Pop-Up and celebrates individuality, welcoming everyone to embrace the joy of self-expression..
Where: Sutra, The Lalit Ashok Bengaluru
When: December 7, 8 pm onwards

02 Ceramic art exhibit

Explore artworks by 34 ceramic artists from across India at the third edition of the Bengaluru Studio Potters Market.
Where: Karnataka Chitrakala Parishath
When: December 6, 7 & 8, 10:30 am to 7 pm

03 Sing along to Xmas carols

Christmas Carols Special—an evening of traditional Christmas carols and Christmas songs by Harmony & Hope (Shenelle & Stefan) at Friday Night Unplugged @ Urban Solace—Christmas Special. **Where: Urban Solace; When: December 6, 7:30 pm onwards**

04 Walk & talk

Special gallery walk by Rameshchandra, artist, art educator, & student of JMS Mani, in conjunction with the ongoing in-house exhibition 'Namma Mestru: The Artistic Voyage of JMS Mani.'
Where: National Gallery of Modern Art
When: December 7, 4:30 pm

EV adoption: Karnataka charges up to 2nd rank

With 1.6 lakh+ registrations per year, steady growth in EV market in Karnataka; EV policy, tax exemptions, more charging stations main drivers of new purchases

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With rising fuel prices, citizens are increasingly turning to electric vehicles (EVs), propelling Karnataka to the second position in EV registrations across India. Between 2020-21 and 2024-25, the state witnessed a whopping 1,500 per cent growth in EV registrations.

When EVs first entered the market, their adoption was slow due to scepticism about performance and confusion over charging infrastructure. However, the introduction of the EV policy by the Karnataka government acted as a catalyst, boosting confidence among buyers and accelerating EV adoption. The expansion of charging stations across urban and suburban areas, along with the entry of multiple brands into the market, has further fuelled this growth.

Karnataka leads in EV growth

Currently, Uttar Pradesh holds the top spot for EV registrations, while Karnataka has climbed to second place. Back in 2017-18, only 1,922 EVs were registered in Karnataka. As of November 20, 2024, in just seven and a half months of the financial year 2024-25, approximately 70,000 EVs were registered in the state, with two-wheelers dominating the numbers.

'Among the 3.97 lakh registered electric vehicles in Karnataka, two-wheelers account for the majority, with 3.11 lakh units'

> **Zero road tax policy on all types of EVs, low maintenance costs, & govt incentives have significantly increased EV adoption in state**
> – Official

An official said that to promote eco-friendly transportation, the central government announced zero road tax for all types of EVs in 2016. Karnataka followed suit, offering tax exemptions for EV purchases (excluding vehicles valued above Rs.25 lakh). "This policy, coupled with low maintenance costs and government incentives, has significantly increased EV adoption in the state. The state's focus on environmental conservation and public awareness campaigns, such as the implementation of the Gruha Jyoti scheme, has further contributed to the rising EV sales."

Rapid growth in EV registration

A decade ago, the state averaged around 11,000 EV registrations annually. Today, that number has surged to an average of 1.60 lakh registrations per year, with the number expected to rise further over the next five years. An official from the transport department noted, "Compared to five years ago, EV registrations in Karnataka have grown exponentially, with annual figures now exceeding 1.60 lakh. This trend is likely to continue as EV adoption increases statewide."

Annual EV registrations
2021-22: 46,139
2022-23: 1,14,022
2023-24: 1,70,261
2024-25: 66,742*
*(as of November 20, 2024)

Two-wheelers dominate EV market

Among the 3.97 lakh registered EVs in Karnataka, two-wheelers account for the majority, with 3.11 lakh units, followed by 55,160 four-wheelers and 31,004 three-wheelers. In 2017-18, two-wheelers accounted for only 97 of the 1,922 registered EVs, highlighting their explosive growth in recent years. Bengaluru is leading the state's EV revolution. According to a study by the Centre for Study of Science, Technology, and Policy (CSTEP), the city is projected to have 23 lakh EVs by 2030, including two-wheelers, cars, cabs, and commercial vehicles. Bengaluru's EV registrations are growing at a rate of over 150 per cent annually, with southern and Electronic City RTO zones expected to house nearly five lakh EVs by 2030.

Shaping safer tomorrow for women in city & beyond

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A movement to make public spaces safer for women that was initiated after the rape and murder of a woman doctor in Kolkata has managed to create a change in the city.

Poornima Shetty, Team Safety for Women, told BM how the initiative took shape. "Talking with friends, I realised that this sense of helplessness was shared by many. It sparked a collective determination to go beyond complaints and create actionable change. This led to the birth of the Safety for Women Movement (SFW), an initiative aimed at making women across our country feel safer through awareness, collaboration, and action," said Shetty.

She added that they are a diverse, non-partisan, non-political, and non-religious group united by one purpose. What began as a few conversations among strangers quickly transformed into a powerful team with one voice and one mission. "Our mission is to channel emotional distress into meaningful action and bring about real, lasting change. Today, we have over 90 members in Karnataka and have a pan-India team of 250+ members who share the same goal: to create a safer world for women," Shetty said.

In Bengaluru, the team reached out to authorities and were introduced to Parihaar, a 30-year-old NGO working alongside the Bengaluru City Police. Together they conducted eight awareness programs, engaging

schools, colleges, hospitals, and communities. "Parihaar's stalls showcasing handmade products by underprivileged and abuse-survivor women have also been an integral part of

> **Our mission is to channel emotional distress into meaningful action & bring about real, lasting change**
> – Poornima Shetty, Team Safety for Women

our efforts. We have had productive discussions with the State Women's Commission, which has shown its support for our initiatives. What started in Bengaluru is now evolving into a pan-India movement," she said.

The team has collaborated with Bengaluru police and even requested the commissioner of police to send the jurisdiction police inspector to all the awareness programs to help the citizens feel connected to their local police and to also tell them they can be approached when in distress.

The SFW initiative includes carrying out workshops and training in schools, colleges, workplaces, and communities. Topics include self-defence, legal rights, safety protocols in schools, survivor stories, and expert insights. They also work towards further tech solutions (development of safety rating apps and innovative safety tools through hackathons), training streetwise safety squadrons to assist communities, empowering volunteers to act as the last-mile safety responders, addressing dark spots through lighting and CCTV installation, etc. Moreover, by establishing collaborative teams for community-police engagement with citizen-police alliances, training citizens to address safety concerns proactively, and connecting victims to NGOs, legal aid, counselling, and medical support networks with victim support systems, the team strives for the betterment of women's safety and well-being.

No trivial matter

20 minutes to recover headphones; matter of luck, say police

A techie staying in Madiwala was pleasantly surprised after the police recovered her stolen wireless headphones within 20 minutes of her complaint. The woman lost her headphones on Sunday, after a delivery from Rentomojo, a popular furniture rental service. The delivery team, which arrived around 11.30 am to install the rented furniture, included two individuals. One of the persons allegedly stole her headphones.

When she contacted the rental service, they asked her to submit CCTV evidence, which she did not have.

She then visited the Madiwala Police Station. Initially skeptical about the outcome, she was met with immediate support from Officers Vijay Kumar and Narsimhamurthy.

The officers wasted no time in launching an investigation. Within an astonishing 20 minutes, the two officers successfully tracked down the thief and recovered the headphones.

The victim expressed her gratitude on social media, praising the officers' prompt response and acknowledging the police's role in restoring her faith in the justice system. "I was skeptical about visiting the police station and had lost hope of getting it back, but thankfully I visited, and I got back my valuables," she wrote.

The resident also took the opportunity to issue a word of caution to Rentomojo, urging them to be more careful about the individuals they hire for delivery services. She remarked, "Please be careful of who you hire."

A police official told BM that the AirPods were taken by the driver who had come to deliver the furniture.

"When we tried reaching him, his phone was turned off. The driver who took the AirPods handed them over to another driver. We were able to contact him, and since the item was returned voluntarily, no formal case was filed. The accused was given a warning," said the official.

The police said the quick recovery was just a matter of luck. "In some cases, recovering stolen items takes longer, but in this instance, it was resolved quickly," the official said.

– Sanjana CS

Rowdy arrested under Goonda Act

A rowdy from Amruthathalli was arrested on Wednesday, under the Karnataka Goondas Act. Munikrishna, also known as Kappe Bin Muniyappa, has a long history of criminal involvement, with 16 cases registered against him since 2012, including seven attempted murders, kidnapping, assault, robbery, and threats to life.

The Amruthahalli Police had previously exiled Munikrishna to Davangere in 2023 for one year to curb his criminal activities.

However, following his return after the exile period, he continued to commit crimes, including assault and attempted murder, prompting the authorities to take further action.

Despite being released on bail in previous cases, Munikrishna went into hiding, failing to attend his trials.

In light of his continued illegal activities, the Amruthahalli Police proposed his detention under the Goonda Act.

The proposal was reviewed and endorsed by senior officials, including the DCP of the North East Division.

On December 3, the Commissioner of Police issued an order for his detention in Kalaburagi Central Jail. Munikrishna was arrested and transferred to the jail on Wednesday.

BMB

Idol vandalised

A delivery executive has been arrested by the Giri¯nagar police for damaging the effigy of Shivakumar Swamiji. The accused, Raj Shiva, armed with a hammer, is said to have vandalised the idol near Veerabhadra Nagar bus stand on Saturday night. South Division DCP Lokesh Jagalasar said during interrogation, he claimed, 'I am not mentally well'.

BENGALURU
POTTERS MARKET

Visit the 3rd edition of the Bengaluru Studio Potters Market and discover the artistry of 34 talented studio potters from across India, each bringing their unique style and artistic flair to the forefront.

Venue: Karnataka Chitrakala Parishath

Dates: Dec 6th, 7th & 8th, 2024

Time: 10:30 AM – 7:00 PM

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BWSSB cited in ongoing lake water quality inquiry

Green court added BWSSB to probe into poor water quality at 15 Bengaluru lakes, despite sewage treatment plants' ineffectiveness over several months

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After incriminating Bruhat Bengaluru Mahanagara Palike (BBMP), Karnataka State Pollution Control Board (KSPCB), and Karnataka Wetland Authority, the National Green Tribunal (NGT) has not sent notice to the Bangalore Water Supply and Sewerage Board (BWSSB) regarding questionable water quality at 15 Bengaluru's lakes with sewage treatment plants (STPs).

The southern bench of NGT, in an order passed on December 2 sent a notice to the water board after observing that BWSSB is also a necessary party to this proceeding and should be impleaded as an additional respondent.

The tribunal passed the order while hearing the suo motu case registered by the principal bench, based on an article published in Bangalore Mirror on September 16.

"BWSSB is also a necessary party to this proceeding. We suo motu implead them as additional respondents. Let the notices be issued to the respondents through the Tribunal along with a copy of the newspaper report. The respondent authorities are directed to file their appropriate reports/replies after inspecting the site in question," noted the green court in its order.

Despite STP's 12 out of 15 lakes showed poor water quality multiple times, with nine classified as class E

Bangalore Mirror
What use of STP? 12 lakes on brink

BM reported on September 16, highlighting the inefficiency of STP's at 15 lakes

The news item highlighted the findings of a report that stated that the water quality of 15 lakes, Bhattarahalli, Munnekolalu, Challakere, Herohalli, Lingadheeranahalli, Andrahalli, Kalena Agrahara, Iblur, Kudlu Chikkakere, Uttarahalli, Dorekere, Byrasandra, Deepanjali, Dasarahalli, and Kammagondanahalli lakes, is below acceptable standards despite dedicated STPs.

The article underlined that STPs at 15 lakes across the city are not effective in improving the water quality, according to the report by ActionAid Association, a city-based NGO. While the water quality report of the STPs has all parameters conforming to the standards given by KSPCB, most of the associated lakes recorded the worst water quality possible (Class E) on more than one occasion during the study period of 31 months.

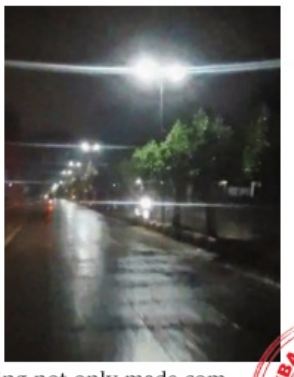
In October, the principal bench of NGT had also sent notices to the Central Pollution Control Board (CPCB), the regional officer of the Ministry of Environment, Forest and Climate Change (MoEFCC), and the District Magistrate of Bengaluru, apart from BBMP, KSPCB, and state wetland authority.

The ActionAid report highlighted that while the water quality of the STPs has all parameters conforming to the standards given by the state pollution control board, most of the associated lakes recorded bad water quality on more than one occasion over the past many months.

> **"BWSSB is also necessary party to this proceeding. We suo motu implead them as additional respondents. Let notices be issued** – NGT

Despite STPs installed, 12 out of the 15 lakes recorded the worst water quality on more than one occasion during the study period (31 months). Out of these, nine lakes were categorised under class E on more than 4 occasions and Uttarahalli had the worst water quality on 16 occasions in KSPCB's monthly water quality report. This points to the ineffectiveness of the treatment plants in maintaining lake water quality.

Streetlights restored



After months of navigating a perilously dark stretch of South End Circle, commuters and residents are now expressing relief and satisfaction as streetlights have been restored to functionality. Bangalore Mirror reported the incident just a week ago on Unit Road, and the lights were quickly restored to working condition.

The commuters were worried that the absence of lighting not only made commuting challenging but also heightened the risk of accidents and crime. However, now they are delighted. "The restoration of streetlights has transformed our commuting experience. It's heartening to see the neighbourhood illuminated again, enhancing both safety and the overall ambience. The stretch also looks very beautiful now," said Dr Saravana, a regular commuter.

Anjali Das (name changed) said, "I travel late after classes, and earlier, it felt unsafe and eerie. Now the area feels lively and secure again. It's such a relief for students like me. I feel much safer taking my evening walks now. The lighting makes a significant difference." Another commuter added, "Driving at night used to be stressful with the poor visibility, but now I feel much more confident and safe. The lights have made the difference."

— BMB

BBMP fixes utility chamber issues

Residents of Benson Town are delighted with the quick response of the BBMP (Bruhat Bengaluru Mahanagara Palike) authorities to attend to the problems of utility chambers on Millers Road and St John's Road in the city. Bangalore Mirror published a story, titled "Traffic tangles: Broken covers create road havoc" on December 5 narrating how the damaged utility chamber covers on newly developed roads are causing traffic jams and accidents. It may be recalled that the BBMP Executive Engineer of Pulakeshinagar has assured to fix the problems.

"I am very happy with the quick response of the BBMP authorities. I witnessed a few workers fixing a utility chamber problem on Millers Road on Wednesday noon but there was no one at the spot on Thursday. I urge the BBMP authorities to fix the problem without any delay," said Maria of Aam Aadmi Party, Shivajinagar. She stated that the BBMP engineer must ensure a quality cover for the utility chamber to prevent it from breaking when a heavy vehicle passes over it. "It will serve no purpose if the BBMP engineer fails to provide quality cover to replace the broken cover on the utility chamber," she said.

Workers fixing one of the broken covers of utility chambers on Millers Road

Zubair Ali Burhan, a resident of Benson Town, urged the BBMP engineer to speed up the replacement of broken utility chamber covers to prevent road accidents. He reported that two vehicles narrowly avoided getting stuck on St John's Road on Thursday morning. "The BBMP engineer has to replace the broken covers of utility chambers without any delay for the benefit of motorists. I am happy to see a few workers attending one of the utility chambers on Millers Road. I urge the BBMP authorities to select quality covers for the utility chambers to ensure durability," he said.

— Y Maheswara Reddy

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Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Road blockade

Seegehalli Road

Unauthorised vehicles have been blocking the road near Sobha Lake Garden and Fortius Waterscape Apartments on Seegehalli Road for several months.

Neglected road

Kempegowda Road

The intersection at Kempegowda Road has fallen into neglect, resembling an unkempt roundabout.

Unremoved flex

Banaswadi

A large banner is displayed next to the MLA office on Banaswadi Main Road. Despite the ban on flexes, this banner remains in place near the office. Authorities have not removed it yet.

Time for 'just and humane' workplace: IT union

IT union urges labour commissioner to introduce 12-day menstrual leave policy, ensuring equitable workplaces and addressing women's health challenges

Karnataka IT/ITES Employees Union has written to the labour commissioner requesting to introduce a 12-day menstrual leave policy per year for women employees in the IT and IT-enabled services sector. It noted that the absence of policies like menstrual leave has left the health and well-being of lakhs of working women in the IT and IT-enabled services sector unaddressed, and added that introducing menstrual leave would mark a significant step toward recognising and remedying this gap.

The union noted that as menstruation often comes with severe cramps, fatigue, migraines, and hormonal changes that can hinder productivity, menstrual leaves ensure a fair and inclusive workplace for women employees. "Studies indicate that a significant percentage of women suffer from dysmenorrhea (painful periods) and related conditions. Providing paid menstrual leave allows women to rest and recover during their periods, promoting overall health and well-being without financial penalty. It promotes equity by recognising and accommodating the specific challenges women face, fostering a more inclusive workplace," the letter said.

The union also noted that implementing menstrual leave helps normalise conversations about menstruation, reducing the stigma and encouraging a more supportive environment for women in the workplace. "Flexible policies like menstrual leave encourage women to remain in their jobs, especially in high-pressure industries like IT/ITeS, where attrition rates among women are often high due to workplace stress and health concerns. Countries like Spain, the Philippines, Japan, South Korea, Taiwan, Indonesia, and Zambia have implemented menstrual leave policies, setting an example for progressive workplace practices. Adopting such a policy aligns Karnataka with these global best practices," they said. They further added that as Article 42 mandates the state to provide "just and humane conditions of work" and "maternity relief", menstrual leave should be viewed as a natural extension of this obligation, fostering a supportive and humane workplace for women during menstruation.

Karnataka's Labour Department last month initiated a public consultation process regarding their proposal for six-day paid menstrual leave in the private sector. They are actively seeking feedback from stakeholders and the general public on this initiative. This development follows the submission of recommendations by an 18-member committee, led by Sapna Mohan, associate dean at the School of Law, Christ (Deemed to be University). The committee's proposal includes a six-day paid menstrual leave and a draft Bill focusing on women's rights to menstrual leave and complimentary access to menstrual health products. Notably, Bihar established menstrual leave for government staff in 1992, whilst Kerala implemented it for female students in state universities in 2023. In the same year, Odisha's government announced a menstrual leave policy encompassing both public and private sector employees.

"For many, the commute is long and a hassle due to the lack of efficient public transportation systems. During menstruation days, it is especially uncomfortable. Further, due to inequitable distribution of chores in the household with a notion of gender prejudice, women must bear the added burden of labour in the house too," stated an IT employee.

—Rachana Ramesh

Quick and healthy: Meal prep hacks for busy lives

Meal planning can feel like a lifeline in today's hectic society when juggling professional, familial and individual responsibilities is a constant struggle. Preparing meals ahead of time is essential to maintaining an active way of life in the midst of the chaos You could save hours during the course of the week, lessen the stress that comes from making menu choices, and be assured that you're feeding your loved ones and yourself nutritious meals by setting aside a small amount of time each week with meal prepping. Dietitian Archana Batra has these tips for you:

Plan for the week ahead

Food preparation commences with an effective plan. Take a few minutes each weekend to plan the week's meals. This helps you adhere to a well-rounded diet and discourages you from making detrimental food choices at the last moment. Make an effort to include an extensive range of nutritious grains, protein-packed meats, fruits and vegetables, and healthy fats. For example, you might arrange a vegetable curry, a couple of different dals (lentils), quinoa or brown rice, and paneer or grilled chicken for protein and prolonged energy.

Adopt batch cooking and portion management

You can save effort as well as time by cooking in large quantities. Make bigger quantities of fundamental elements such as rice, chapati dough, curry bases, or dal. Store them in portion-sized containers; just reheat them and serve. Cooking time during the week becomes shorter as a result. Portion control additionally maintains the nutrient content of meals and helps avoid excessive indulgence.

Include more one-pot meals

For stressful days, one-pot meals are an excellent option. Recipes such as vegetable biryani, pulao, or khichdi can be cooked in bulk and then placed in the freezer for a few days. These meals are simple to freeze and reheat since they incorporate veggies, proteins, and carbohydrates in a balanced manner. For a variation, consider making a quick quinoa-based salad or an easy one-pot meal such as a vegetable sambar, to be served with rice.

Use leftovers as much as possible

Harness creative methods to use leftovers. For example, you could prepare a stir-fry with leftover rice or use leftover dal as a stuffing for parathas. As an alternative to viewing leftovers as a back-up option, consider them a chance to make new meals with minimal effort. You can use leftover chapatis for wraps or rolls, which is especially beneficial for breakfast or having a snack.

Pre-chop all your vegetables

Spend some time cutting veggies such as tomatoes, bell peppers, onions, and carrots to use during the week. Keep them in the fridge in airtight containers. It takes less time to prepare meals after a long day when you have pre-cut vegetables ready. Boiled eggs and sweet potatoes, can be prepped ahead of time. —Femina

Land acquisition begins for suburban rail corridor-2

Out of total 650 identified buildings, 289 structures have already been cleared

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The Karnataka Rail Infrastructure Development Company (K-RIDE) has initiated acquiring land to construct Corridor-2 (Mallige Line) of the Bengaluru Suburban Rail Project. Construction work on the Baiyappanahalli to Chikkabanavara line (Corridor-2) has progressed by 35%. K-RIDE is acquiring an additional 24,774 sq. m of land in Kasaba and Yeshwanthpur hoblis to meet the project's requirements. This includes private and government-owned land in areas such as Lottegollahalli (2,139.32 sq. m), Hebbal (5,451 sq. m), Nagawara (771 sq. m), Lingarajapuram (3,786.32 sq. m), Makali (1,393.51 sq. m), Peenya Plantation (2,920.49 sq. m), and others.

KRIDE is contemplating the construction of an elevated suburban rail corridor from Cantonment to Whitefield (File photo)

289 buildings to be demolished

A source said, "The project involves demolishing residential, commercial, and small structures. Out of the total 650 buildings identified for demolition along the 148-km suburban rail network, 289 structures between Baiyappanahalli and Chikkabanavara on Corridor-2 are already being cleared. The Mallige Line will feature 12 stations spaced 1.5 to 2.5 km apart. The proposed stations include Benniganahalli, Kasturi Nagar, Sevanagar, Banaswadi, Nagawara, Kanaka Nagar, Hebbal, Mathikere, Yeshwanthpur, Shettyhalli, Myadarahalli, and Chikkabanavara. Among these, two will be elevated, and two will serve as interchange stations."

Commercial operations targeted for 2025

The 25-km Mallige Line includes 16.5 km at grade level and 8.5 km elevated between Hebbal and Yeshwanthpur. While station and track construction is being handled by K-RIDE, the remaining work has been awarded to L&T, with a 27-month deadline. However, delays in land handover and tree clearance by the railways have slowed progress. Despite these setbacks, K-RIDE aims to commence commercial operations on the Mallige Line by 2025.

Rajkumar Dugar, founder and convenor of Citizens for Citizens (C4C), said that while progress on Corridors 2 (C2) and 4 (C4) has been made in the past 18 months, only about 10% of the overall work has been completed, with 67% of the project timeline already elapsed. The situation is worsened by the prospect of truncating two of the four corridors after four years of approval. Hence, they have requested the Chief Secretary of Karnataka to prioritise the following issues. "We urgently need a formal clarification to reassure the public that the Bengaluru Suburban Rail Project (BSRP), including Corridor 1 (C1) and Corridor 3 (C3), will be executed in full compliance with the original sanction letter and the Detailed Project Report (DPR). Any deviation from this commitment would erode public trust," explained Dugar. He stressed the importance of prioritising C1, which connects to the airport terminal, as it offers unparalleled connectivity to the city compared to the Metro, which serves primarily to the eastern periphery. "The tender for C1A (Majestic to Yelahanka) must be awarded immediately, and the tender for C1B (Yelahanka to Airport Terminal) needs to be expedited. Any decision to avoid a direct BSRP connection to the airport terminal would be impractical and counterproductive," Dugar stated.

On Corridor 3, Dugar proposed splitting it into two segments—C3A (Kengeri to Cantonment) and C3B (Cantonment to Whitefield)—and prioritising C3A. "Connecting Cantonment Railway Station through C3A is critical, especially as it is poised to become Bengaluru's fourth railway terminal. The Bangalore Metro Rail Corporation Limited (BMRCL) has already caused a setback by placing the metro station far from Cantonment Railway Station, compromising integration. Without an integrated suburban rail connection, Cantonment risks becoming an isolated and congested hub," he noted. Highlighting the city's existing Metro train shortages, Dugar cautioned against delays in finalising rolling stock for BSRP. "It takes at least two years to manufacture train sets. If this process is not initiated immediately, Bengaluru's public transportation infrastructure and its image will suffer," he warned.

Review of freedom fighter pension

The Karnataka High Court has rejected a petition by MV Srinivasa Gowda, who challenged the Kolar District Deputy Commissioner's order to recover the honorarium paid to him under the Karnataka State Freedom Fighters Welfare Rules, 1969.

The court emphasised that the scheme aims to provide pensions to genuine freedom fighters deserving reverence, warning that accepting applications without proof would turn the "scheme into a bounty."

Justices SG Pandit and Justice Ramachandra D Huddar stated, "All care has to be taken to see that real freedom fighters do not suffer and their claims are accepted, but, at the same time, fictitious claims have to be sternly dealt with on merits."

On August 1, 2015, Nagaraj filed a complaint alleging the petitioner's false claims using fabricated documents. The Lokayukta forwarded this to the Deputy Commissioner, Kolar District for investigation. The Commissioner instructed the Tahsildhar, Mulbagal Taluk on November 14, 2018, to recover the honorarium. Subsequently, on May 20, 2019, the tahsildar issued a notice demanding Rs 9,08,661 refund by May 30, 2019, leading to the high court petition.

> **"If such applications are entertained, scheme would be converted into a bounty, and those deserving may remain deprived** – Bench

The government contested that the petitioner obtained the pension through fraudulent documents, discovered only after investigation. The court highlighted the scheme's purpose of supporting genuine freedom fighters deserving respect and honour. **— BMB**

Metal in Ulsoor, Agara lakes' fish

CONTINUED FROM PAGE 1

were high in all the organs of tilapia fish collected from both lakes throughout the study period. The accumulation of Copper varied from 0 to 197.48 mg/kg in Ulsoor Lake and 0 to 231.22 mg/kg in Agara Lake.

Similarly, the accumulation of Zinc ranged from 1.30 to 48.95 and 0.38 to 49.62 mg/kg in Ulsoor and Agara lake fish respectively. While the concentration of Lead was found in the range of 0 to 61.17 mg/kg in Ulsoor Lake and 0 to 58.59 mg/kg in Agara Lake, Chromium levels were registered between 0 to 78.04 mg/kg in Ulsoor Lake and 0 to 24.35 mg/kg in Agara.

Tolerable daily intake

Researchers also estimated the daily intake (EDI) of heavy metals based on the assumed value of daily consumption rate (29.41g/person/day) of the fish and the average body weight of men and women (65 kg and 55kg). When compared with tolerable daily intake prescribed by various agencies and standards such as the National Institute of Health (NIH), World Health Organization (WHO), Food and Agriculture Organization, Joint FAO/WHO Expert Committee on Food Additives, and Recommended Dietary Allowance, daily intake of some heavy metals turned out to be worrisome – especially for Copper, Chromium, and Lead – as they exceeded the permissible limits set by various organizations.

While the tolerable daily intake of Copper as per NIH is 0.9 mg/day, its calculated daily intake was found to be as high as 14.410 in some cases, given the assumed value of daily consumption rate (29.41g/person/day) of the fish. Similarly, while tolerable daily intake of Chromium is prescribed to be 0.20 mg/day, the total daily consumption was found to be as high as 9.197 mg/day in some cases.

Serious health risks

The lifetime cancer risk levels were found to be unacceptable in the case of Cadmium and Chromium which may lead to the risk of cancer and damage to the normal functionality of the kidneys and liver.

"The lakes were chosen due to their location, and aquaculture of Nile tilapia (O. niloticus) fish. They were also susceptible to pollution resulting from heightened concentrations of hazardous elements, primarily due to the influx of rainwater runoff. This study highlights the health threats associated with consuming freshwater fish from Ulsoor and Agara lakes in Bengaluru, underscoring the importance of regular lake monitoring to mitigate heavy metal impacts on human health and the ecosystem," noted the study published in the Journal of Food Science and Technology. Researchers also noted that most of the heavy metals registered high concentrations during the pre-monsoon season, except bioaccumulation of Chromium and Lead. The study was conducted by researchers from the Department of Life Sciences, Christ (Deemed to be University).

Road selection not strictly based on need?

CONTINUED FROM PAGE 1

to initiate the white-topping of city roads, but the project has faced delays due to several issues. This white-topping project, which involves applying a concrete overlay to existing blacktop roads, has been marred by allegations of corruption. The BBMP plans to cover 147.97 km of roads with white topping, at a total cost of ₹1,800 crore. The project has been segmented into 14 packages and awarded to contractors.

Although the tendering process is complete and work orders have been issued, actual white-topping has only commenced in a few areas.

Government approval

A source said that while the government has sanctioned the Rs.1,800 crore project, there are complaints that several elected representatives are hindering the commencement of work due to dissatisfaction with fund allocation.

The intention behind the BBMP's white-topping project is to improve road durability, but there are concerns that road selection may be driven more by financial incentives than by actual need. Originally managed by the project division, the white-topping initiative is now overseen by two departments. The project division is responsible for 64 km of white-topping at a cost of Rs.800 crore, while the roads and infrastructure division is handling 83.97 km of work with a budget of Rs.900 crore.

Allegations have surfaced that subcontracting regulations are being flouted, with contractors purportedly outsourcing work illegally and receiving assistance from officials. Much of the revenue collected through BBMP taxes is being allocated to the white-topping project, but many roads in urgent need of repair are being neglected, citizens have said.

Not all ward meetings are created equal

BBMP ward meeting held at Public Utility Building turns total disaster; at some other areas citizens could submit grievances

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The much-publicised ward meetings held on Wednesday received mixed responses from residents. The meeting of Bruhat Bengaluru Mahanagara Palike (BBMP) Chief Commissioner held on 10th floor of the Public Utility Building ended up in a damp squib with residents and officials jostling for space at the congested place where the meeting was held.

"Around 10 people went all the way to the Public Utility Building expecting some solution to the problems at our locality but got disappointed. We were there at 2 pm, and after waiting, we got the chance to meet the BBMP Chief Commissioner at 5 pm. They took note of our problems but did not allow us to explain more on the pretext of providing an opportunity to others to meet the Chief Commissioner," said Srinivas Murthy, president, Cambridge Layout Welfare Association.

BBMP Halasuru ward meeting held on Wednesday

Murthy said the BBMP authorities assured them that they would redress their grievances by the end of December. "I do not know how they are going to redress our grievances within a short period. Some of those grievances are pending for more than 10 years," he said.

BR Chandran, a social activist from Halasuru, said that there was hardly any space for the residents and officials at the meeting venue. "Our problems began with the lift to reach the 10th floor. There were no seating arrangements for the residents and officials. I welcome the BBMP Chief Commissioner taking an initiative to meet the residents, but the authorities should select the appropriate place for the meeting," he said, adding that the meeting was held to receive complaints, but the officials were not in a position to tell when those grievances will be redressed. Satya Achayya, a resident of Nandi Durga Road Extension, said that the meeting was not only a waste of time but also a waste of taxpayers' money.

> **"Meeting was held to receive complaints, but officials were not in position to tell when those grievances will be redressed** — A citizen

Grievances in postcards

Residents of Kalkere and other areas submitted their grievances on postcards to Mahadevapura Zonal Commissioner. "Each postcard has the residential address of the complainant. The BBMP officials will acknowledge the complaints and send those cards to the complainants with estimated time of arrival on the complaints. The progress on the complaints will be discussed in the next ward meeting to be held on Wednesday," said VP Krishna, founder of KR Puram Constituency Association Welfare Federation.

The residents and school students have raised complaints about the acute shortage of water at the Government School, Kalkere, and the pending fencing work at Jayanthi Nagar Lake. It is said that the authorities have assured that they will fix problems, fill up potholes and stop the ongoing construction of residential quarters at Jayanthi Nagar Lake.

Govt to introduce sand policy to curtail prices

Uniform sale price set at ₹850/metric tonne for sand across state

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With the sand mafia still reigning in the State, the government has now decided to introduce a sand policy to ensure the availability of sand at affordable rates for the public. Under the state's sand policy, arrangements have been made to supply sand at a fixed low price for public and local government projects through gram panchayats, said Minister for Mines, Geology, and Horticulture SS Mallikarjun.

"The government has set a uniform sale price of Rs 850 per metric tonne for sand across the state. Of this, 50% will be designated as the ceiling price, and 60% of the ceiling price will serve as the cut-off price. The responsibility of extracting and distributing sand from Grade I, II, and III streambeds has been assigned to gram panchayats, with the price fixed at Rs 300 per metric tonne. This system is already in place," Mallikarjun said.

Officials said that for Grade IV, V, and higher-grade streambeds, sand blocks are allocated to government-owned entities or departments for mining. Additionally, the rules have been amended to allow the allocation of these sand blocks to public and private institutions through a tender process. The minister further clarified that under the new policy, tenders for sand blocks will be managed by district-level sand committees. Reservations for Scheduled Castes, Scheduled Tribes, differently-abled individuals, and other general categories will be implemented under a roster system for sand blocks identified in each district.

BK Lakshmipathi, a builder, said, "By fixing sand prices at Rs 850 per metric tonne and empowering gram panchayats to manage the supply of lower-grade sand, the policy reduces costs for individuals building homes, particularly in rural areas. This pricing mechanism ensures accessibility to quality sand for local construction needs without inflating market rates, offering significant relief to middle-class families constructing homes on tight budgets."

> **Gram panchayats shall manage supply of lower grade sand; price fixed at Rs 300/MT**

He added that by strengthening security measures like CCTV surveillance and enforcing strict regulations on mining activities, the policy also mitigates illegal mining, protecting natural resources and the environment. "This policy is particularly advantageous for homeowners, as it curtails price fluctuations in the sand market, enabling better budget planning for construction projects. Moreover, the focus on sustainable mining practices ensures the long-term availability of this critical resource."

More needs to be done to amplify the policy's impact, said Sunil Kumar, who is planning to build a house. "Awareness campaigns about the e-portal system and pricing structure can enhance public participation. Additionally, infrastructure improvements such as efficient transportation networks for sand delivery can further streamline the supply chain. By addressing these areas, the government can make sand more accessible and affordable, fostering growth in the housing sector while safeguarding natural resources," he added.

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SUDARSHAN CHETTIAR S/o B S VENUGOPALAN R/o 498/16 33rd A Main MG Layout JP Nagar 6th Phase Bangalore-78, Changed my Name as SUDARSHAN CHETIAR.

I, Rekha Azhivalappil Radhakrishnan , residing at V41, Casagrand Esmeralda, Kotiganahalli, Sarjapura Hobli, Anekal, Bangalore , Karnataka 562125, Have changed my minor daughter's name Niveditha Eswaramangalath Shaine to Niveditha Shaine for all future purposes.

I, JAYANTI BOTHRA, also reffered as BOTHRA JAYANTI NIRMALCHAND, Residing at Flat No G001, No 26, Srinikethan Apt, 4th Shop Lane, Opp Yediyur Lake, Tata Silk Farm, Basavangudi, Bangalore-560004, Have changed my name to JAYANTI MAHNOT, vide affidavit dated 05/12/2024 sworn before Notary Aravind Patil G.G Bangalore

I, Chirag S/o Kamal Chand Nahar R/o No.1090-G, 18th B main, 5th block, Rajajinagar, Bengaluru 560010 have changed my name to Chirag Kamal Nahar Affidavit Dt.05/12/2024 notary Harisha G, B'luru

I Bhagyalakshmi W/o V. Prasanna Kumar R/o No 27, Lakshmi Prasanna Nilaya,3rd Main, Narayana Reddy layout,Chikkabanavara, B'luru 560090 have changed my name to Bhagyalakshmi Prasanna.

I, Hafshabai Nasir Sharif W/o Nasir Sharif R/o 14B, 2nd Crosss, 2nd Main Rd, Ganganhalli B'lore-560039 have changed my name to Hafsa.

I, Kusuma Sathyendranth W/o Dilip Kumar Konena Agrahara Aswatha Narayana R/o No 95, FB Konena Agrahara Mes Colony Vimanapura, Old Airport Exit Rd, B'luru-560017 have changed my name to Kusuma Dilip Kumar for all purposes

I, Gayatri Shivanna Biradar W/o Ravichandra R/o No 25, Teertha Aland,Kalaburagi City -585302 have changed my name to Gayatri for all purposes.

I, JETAMAL MANOT, Residing at No 26, G001, Srinikethan 4th Shop Lane, Tata Silk Farm, Basavangudi, Bangalore-560004, Have changed my name to JETHMAL MAHNOT, vide affidavit dated 18/11/2024 sworn before Notary Aravind Patil G.G Bangalore

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HEALTH TIP: Using the pressure cooker to cook pulses helps in improved digestion and lowers the possibility of bloating

Beverages such as tea, coffee, and some herbal infusions are diuretics and can lead to dehydration

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SMELLS GOOD, IS IT TROUBLE?

How home fragrances can impact indoor air quality – and your health

During winter, many of us use fragrances to help create a cosy, festive feeling in our homes. From gingerbread, cinnamon and pine scented candles to frankincense and myrrh diffusers, it's becoming increasingly popular to use scents to evoke the Christmas spirit.

The UK home fragrance market generated a revenue of US$685.5 million (£540,965,050 million) in 2023 and is expected to reach US$1,203 million (£950,135,649 million) by 2030. Part of the growth is spurred by increasing consumer awareness of indoor air quality.

But are these products the best way to improve the quality of air in our homes – and how might they affect our health?

Products like scented candles, air fresheners and incense sticks may mask unpleasant odours and improve the smell of indoor spaces – but they do not remove harmful indoor pollutants. In fact, our research shows that some home fragrance products may be detrimental to indoor air quality. Two of our recent studies examined Irish homes after energy retrofits. We found that occupant activities like burning candles, smoking and blocking wall vents can have a significant negative effect on indoor air quality.

Use of scented candles or smoking, when combined with blocked wall vents and closed windows, worsens exposure to indoor air pollutants for householders. While using scented candles, for example, peak fine particle concentrations could increase to 15 times the limits prescribed by the World Health Organisation. These levels took a while to return to normal levels in underventilated rooms.

Burning candles or incense sticks produces a complex mix of chemicals and particulate matter, including toxic gases like carbon monoxide, sulphur dioxide and oxides of nitrogen.

Home fragrance products can also produce several volatile organic compounds (VOCs), which can be harmful to health. Particulate matter can cause short-term health effects like coughing and sneezing, and irritation of the eyes, nose, throat and lungs. Long-term exposure can increase the risk of heart disease, lung cancer and chronic bronchitis. Particulate matter can also worsen some existing conditions, such as asthma.

Pollutants and carcinogens

If equal weights of cigarette and incense sticks are burned, the incense sticks produce around four times as much particulate matter as the cigarettes. In non-smoking homes, candle use can be the major source of particulate matter pollution. Aerosol air fresheners introduce fine and ultra fine particles into the home air, along with a range of VOCs.

A flickering flame on the candle produces more of the larger particles and can increase emission of black carbon. Using scented candles or air fresheners in small bathrooms or bedrooms exposes us to much higher concentrations of the generated pollutants, increasing health risks. In poorly ventilated rooms, we have observed that concentration of pollutants like formaldehyde reach levels that can cause upper airway irritation.

Scented candles are likely to produce more fine particulate matter than unscented candles. Manufacturers are not required to disclose all the substances used in scented candles, due to associated patents, both in the US and the EU. Research estimates that in the US less than 10% of home fragrance ingredients are disclosed to the public.

Air freshener exposure has been associated with negative health impacts such as migraines, asthma attacks and dermatitis. Nitrogen oxides are the most produced gaseous pollutant from scented candles – and can have a negative effect on lungs and airways.

Some of the organic compounds emitted by home fragrance products, such as benzene, phthalates and formaldehyde, may cause cancer – and burning scented candles and incense sticks indoors is a major source of formaldehyde.

Short term exposure to candle smoke has been shown to reduce cognitive function, while chronic exposure to incense smoke has also been linked to decline in cognitive functions.

'Natural' isn't always safer

Some consumers buy home fragrances made with natural ingredients in an attempt to to avoid exposure to harmful chemical ingredients. However, when burned, natural home fragrance additives can also release harmful levels of pollution. Some of the chemicals emitted can react with ozone in room air, producing byproducts which may also be toxic.

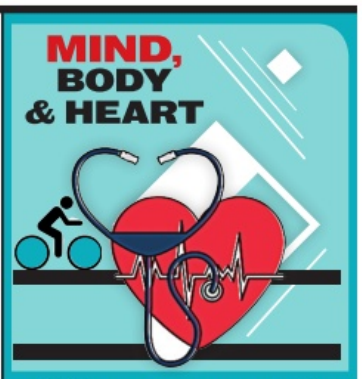
While the use of home fragrances is on the rise, research on the products is limited so we do not yet know the extent of their full impact on air quality and health. It is also possible that some adverse effects may show only after years of chronic exposure.

If you love to use home fragrances, then there are ways to reduce your exposure to potentially harmful chemicals.

For example, try to use home fragrance products in larger spaces, such as the living room, and open windows. Check that any vents have not been blocked in your home – especially in a room where you plan to use home fragrances.

Finally, most of the smoke from candles is emitted when the flame is extinguished. To be on the safe side, always try to snuff out candles outdoors.

(By Asit Kumar Mishra, University College Cork and Marie Coggins, University of Galway, The Conversation)



All you need to know about...

Dark chocolate

Five's lucky number
Eating five servings of dark chocolate, and not the milk one, a week may help reduce the risk of type 2 diabetes, according to a long-term US study.

But not milk chocolate!
Published in the BMJ, the researchers also found that increased consumption of milk, but not dark, chocolate was associated with long-term weight gain.

Benefits of chocolate
Chocolate contains high levels of flavanols (a natural compound found in fruits and vegetables) which have been shown to promote heart health and reduce the risk of diabetes.

Results not consistent
But the link between chocolate consumption and risk of type 2 diabetes remains controversial due to inconsistent results. In addition, most previous studies have not looked at whether eating dark and milk chocolate – which have different cocoa, milk and sugar content – might have different impacts on the risk of type 2 diabetes. To explore this further, researchers combined data from three long-term US observational studies of female nurses and male healthcare professionals with no history of diabetes, heart disease or cancer when they were recruited.

They analysed associations between type 2 diabetes and total chocolate consumption for 192,208 participants, and chocolate subtype (dark and milk) consumption for 111,654 participants over an average monitoring period of 25 years.

In the analyses for total chocolate, 18,862 people developed type 2 diabetes.

After adjusting for personal, lifestyle, and dietary risk factors, the authors found that people who ate at least five servings a week of any type of chocolate showed a significant 10% lower rate of type 2 diabetes compared with those who rarely or never ate chocolate.

"Clinical trials needed to confirm findings and help identify reasons for dark chocolate's protective effect," said researchers. —IANS

MIRRORLIGHTS

Study finds sleep helps with learning new language

Getting those eight hours of sleep can have linguistic benefits, according to a study that found it helped adults speak a new language.

While one sleeps, the brain is known to integrate or 'consolidate' information learnt during the day with previous knowledge to file it for long-term storage.

Researchers, led by those at the University of South Australia, tracked brain activity in 35 native English-speaking adults as they were learning a miniature language called 'Mini Pinyin', which is based on Mandarin but has grammatical rules similar to English.

A miniature language is used in scientific experiments for studying aspects related to learning languages.

Mini Pinyin "mimics natural language as it is based on an existing language (Mandarin Chinese) and includes both structure and meaning", according to a 2020 study published in the journal Behavior Research Methods and written by researchers at the University of South Australia.

In this study published in the Journal of Neuroscience, half the participants learnt Mini Pinyin in the morning and returned in the evening to have their memory tested, the researchers said.

The other half learnt Mini Pinyin in the evening and then slept in the laboratory overnight, while having their brain activity recorded. The team tested the participants' progress in the morning.

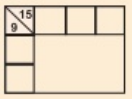
Those who slept were found to perform significantly better, compared to those who remained awake before having their memory tested.

"We found that sleep relative to wake was associated with superior performance for rules that followed a sequence-based word order," the authors wrote.

Improvements in memory because of sleep were related to the linking of slow oscillations and sleep spindles, which are brain-wave patterns that synchronise during the non-REM phase of sleep, according to lead researcher Zachariah Cross, who did his PhD from the University of South Australia. —PTI

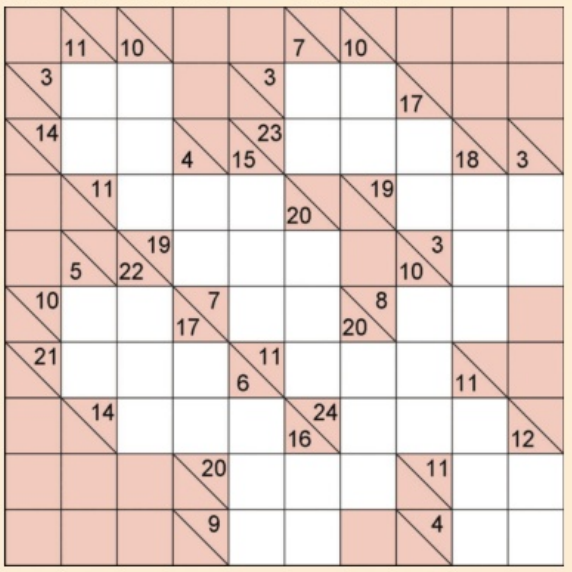
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

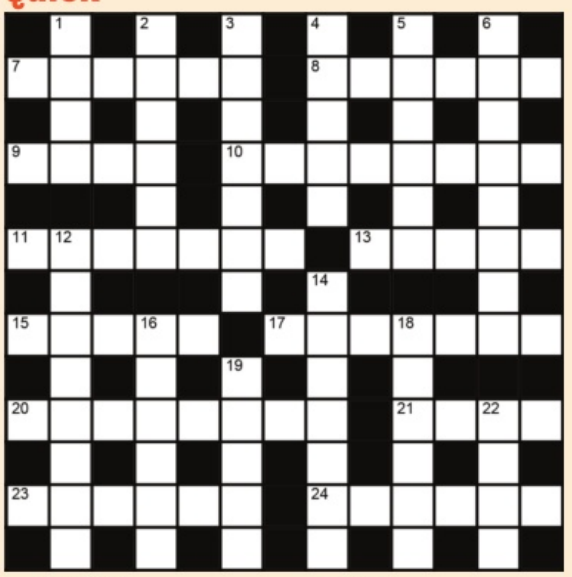


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Losing colour, freshness or strength (6)
8 Gaudier (6)
9 Hard to fathom (4)
10 Overly concerned with (8)
11 Blemished by injury (7)
13 Readily available (2,3)
15 Anger or ire (5)
17 Forced out (7)
20 Hawaiian capital (8)
21 Ms Dhupia of Bollywood (4)
23 Get back (6)
24 Inflict retribution (6)

DOWN

1 Disconcert (4)
2 Capital of Assam (6)
3 Disregards (7)
4 Poker hand (5)
5 Lab. burner (6)
6 Influence (8)
12 Rusted, deteriorated or eroded (8)
14 Bangalore's famous food street (2,5)
16 Go __ __ : cross all limits, in a way? (3,3)
18 Oceans anagram for boats? (6)
19 Taking to court (5)
22 Elevated (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: E EQUALS S

ZBJHLM VBMAVTAG HE R PAMHLLHLM; IAAYHLM VBMAVTAG HE YGBMGAEE; DBGIHLM VBMAVTAG HE ESZZAEE.

Linemaro

I would offer cigarettes, but you are already smoking hot

Mindchow

A negative mind will never give you a positive life

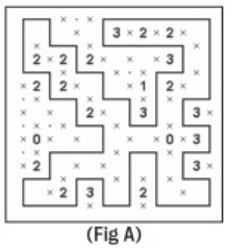
Joke of the day

A beggar approaches a grandmother at the beach with his hands out. "Please, madam," the poor man pleads, "I haven't eaten all day." "Good," says the grandmother. "Now you won't have to worry about cramps when you go for a swim."

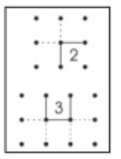
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

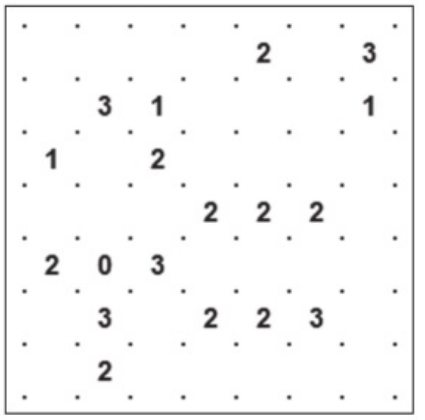


(Fig B) Not Allowed

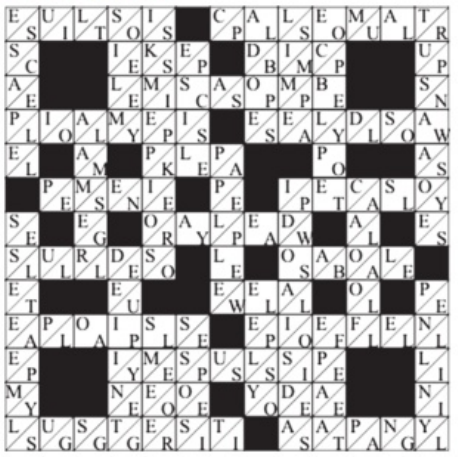
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



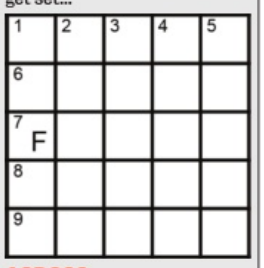
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

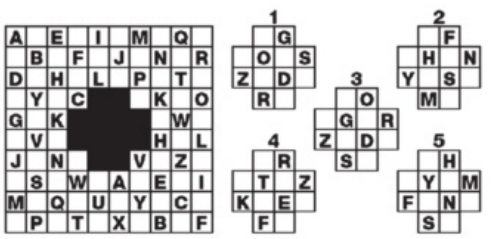
1 To tec; 6 Fr air; 7 G feud; 8 Raree; 9 Eland

DOWN

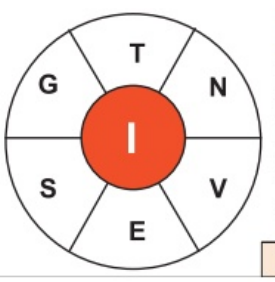
1 Al off; 2 RU car; 3 T died; 4 Agree; 5 Terne

Mensapuzzle

Which segment fills the gap?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

15 Average; 17 Good; 19 Outstanding

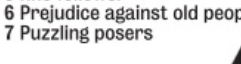
SudokuChallenge

7		9			4	5		3
			1		5		2	
8								6
			4		6			7
		7				8		
2			8		3			
6								5
	7		3		1			
4		5	7			3		8

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Easy = 17
2 3 7 9

Medium = 24
3 6 6 7

Hard = 57
2 7 8 4

Hocusfocus

Find at least six differences in details between panels.

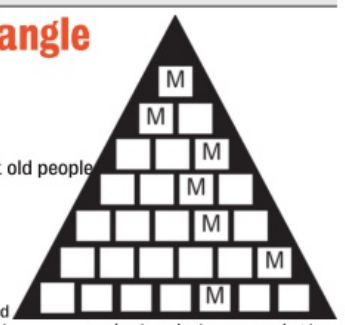
Differences: 1. Finger is moved. 2. Mailbox is smaller. 3. Window is different. 4. Collar is different. 5. Fence is larger. 6. Cap is tilted.

Riddler

What do these four things have in common?
Dirt, Information, Intelligence & Secrets

Alpha triangle

1 Meter, abbr.
2 Mother
3 U.S. Govt. Uncle
4 Intentions
5 Rho follower
6 Prejudice against old people
7 Puzzling posers

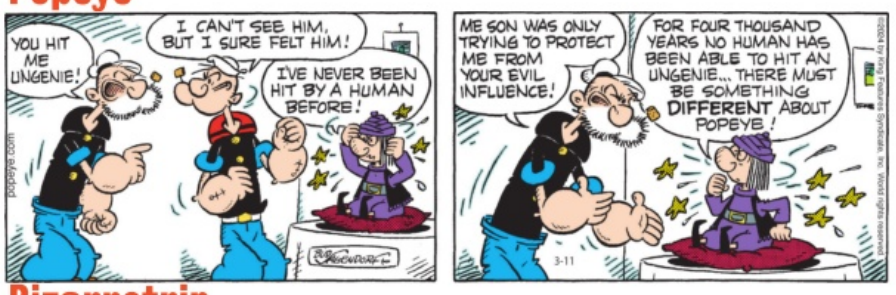


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

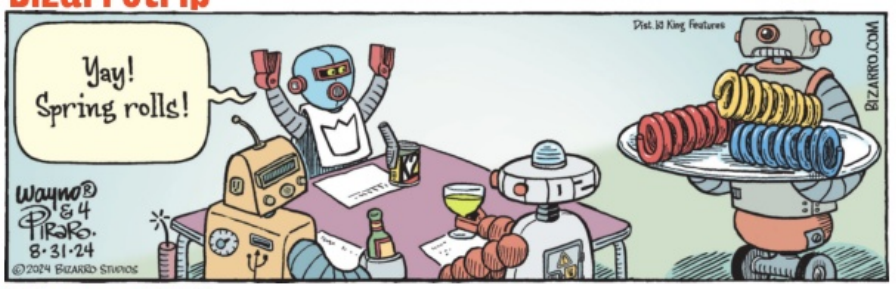
DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Popeye


YOU HIT ME UNGENIE!
I CAN'T SEE HIM, BUT I SURE FELT HIM!
I'VE NEVER BEEN HIT BY A HUMAN BEFORE!
ME SON WAS ONLY TRYING TO PROTECT ME FROM YOUR EVIL INFLUENCE!
FOR FOUR THOUSAND YEARS NO HUMAN HAS BEEN ABLE TO HIT AN UNGENIE... THERE MUST BE SOMETHING DIFFERENT ABOUT POPEYE!

Bizarrotrip



Diamond Lil

Hart of the city

HELLO, HELLO! SO ANYONE HERE EVER BEEN TO A GAMING STORE? NO, I EXPECTED NOT...
HA HA
GAMING STORES HAVE COME A LONG WAY SINCE I WAS A KID. SO SINCE LAST YEAR.
HEE HEE
HEH HEH
YOU USED TO HAVE TO BEG TO GET SPECIAL ITEMS IN THE STORES, IT ALWAYS FELT LIKE A BOYS CLUB... BUT THINGS HAVE CHANGED. NOW THERE'S FREE WI-FI!
HA HA
HA HA
HAHA HAHA
HAAA
HEEHEE

Crankshaft

I COULDN'T HELP OVERHEARING YOUR DISCUSSION...
BANNED BOOKS
8-31
THIS IS NOTHING NEW... ALL OF MY BOOKS ARE BAND BOOKS!
BATIUK & DAVIS

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you are blessed by the moon; you may spend quality time with family and friends. Good news from a sibling may brighten your day. Your creativity might inspire you to renovate your home or office. Starting new partnerships with family members could prove beneficial in the near future. At work, your subordinates are likely to be helpful with projects.

Taurus Apr 21 – May 20
Your patience may be tested today; silly mistakes could hinder your progress. Negative influences might cause incomplete tasks and mood swings. Lovebirds might feel unsure about their emotions, and unrealistic expectations could strain your relationship with your spouse. It is advised to take care of your parents. Students may find it hard to concentrate on studies.

Gemini May 21 – Jun 21
Today, a positive moon may bring you happiness and peace of mind. You might work efficiently and make significant business decisions with the cooperation of subordinates. Starting a new venture with siblings or leveraging your network could benefit your business growth. You must ensure proper rest to maintain your energy and enthusiasm.

Cancer Jun 22 – July 23
The moon's negative influence today might lead to detachment from responsibilities. You may overspend on unnecessary items, potentially bringing negativity into your environment. You are advised to be cautious of opponents or rivals to avoid falling victim to conspiracy. It is advised to carefully review all documents before signing them

Leo Jul 24 – Aug 23
Today, blessings from the moon bring joy to your family and professional life. Your polite demeanour may help you complete tasks smoothly. New sources of income could enhance your savings. You might also consider renovating your house or office to create a fresh environment.

Virgo Aug 24 – Sep 23
Today, a positive moon blesses you with recognition and rewards at work. Your social respect may increase, though overworking your mind could lead to fatigue. Due to work pressure, you might miss a family event. Chronic health issues affecting your parents could show improvement.

Libra Sep 24 – Oct 22
Today, the moon's blessings bring satisfaction at work. You may plan for a short business trip. Visiting a religious place might provide clarity and inner peace. Seeking guidance from elders may help you gain proper direction and clarity regarding your goals.

Scorpio Oct 23 – Nov 22
The negative moon today might make you feel dull. It's advised to stay calm and think carefully before acting. You may need to travel to recover money, or you may risk losing it. You are advised to avoid adventurous activities. Students should focus on in-depth study for success.

Sagittarius Nov 23 – Dec 22
Today, positive moon energies may bring happiness to your domestic life. An influential person could help you achieve professional benefits. Your performance at work is likely to be rewarded with promotions. Disputes over inherited property may be resolved harmoniously.

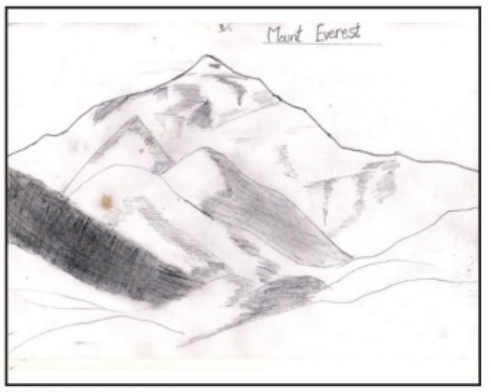
Capricorn Dec 23 – Jan 20
The positive moon blesses you with good health and sharp focus today. Your excellent performance at work might earn you praise from your boss and also lead to new responsibilities. Good news in legal matters is likely, and you may effectively manage rivals and opponents in business.

Aquarius Jan 21 – Feb 19
Today, your intellect may shine, and you may value knowledge as an essential asset. Controlling your short temper might help you accomplish tasks smoothly. You could see steady earnings that bring comfort to your workflow. Exercise caution when investing in assets, and spend thoughtfully on loved ones. Lovebirds may enjoy joyful moments together.

Pisces Feb 20 – Mar 20
Today, the moon's negative influence might make you feel burdened by responsibilities. A hurried approach could lead to silly mistakes. Reduced efficiency may delay projects, affecting your workday. You are advised to seek advice from elders before making critical decisions.

KIDZONE

Sanjanna, Bangalore



Richa K Iyer, Bangalore

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN TIM
(-3/2)·3 / (-1/4) / (9/16) / (-1/3)
(27/2) / (9/16) / (-1/4) / (9/16) / (-1/3)
(-27/8) / (-1/4) / (9/16) / (-1/3)
24 / (-1/3) = -72

BULL'S EYE
gist, give, given, ingest, inset, invest, sign, signet, sine, sing, singe, site, stein, sting, tine, tinge, vein, VESTING, vine

FAST FIVE

L	A	D	E	N
A	R	E	R	E
F	U	D	G	E
F	R	I	A	R
O	C	T	E	T

QUOTE UNCODE
Coming together is a beginning; keeping together is progress; working together is success.

STRIKE OUT

S	I	L	O	S	P	A	L	O	M	A	R	U		
C		I	K	E		D	I	C				N		
A		L	I	S	O	M	E					E		
M		N	E	O		Y	E	A				N		
E		I	M	P	U	L	S	E				I		
E	L	A	P	S	E		E	I	F	F	E	L		
T		U		E	E	L		O		P				
S	U	R	D	S		L		O	B	O	E			
E		E		R	A	P	E	D		L		S		
E	S	N	E		P		I	T	A	L	Y			
E		A		P	E	A		O			A			
P	O	L	Y	P	S		S	A	L	L	O	W		
S	U	G	G	E	S	T		S	T	A	G	Y		

QUICK

MENSA PUZZLE
1. Start at the top left and move down, then along one space to the right and up the next column, in a pattern. Letters are written in alternate squares, in steps of 2 letters at a time.

RIDDLER
They are things gathered by spies.

SUDOKU

7	1	9	6	2	4	5	8	3
3	4	6	1	8	5	7	2	9
8	5	2	9	3	7	1	4	6
5	8	3	4	1	6	2	9	7
1	6	7	5	9	2	8	3	4
2	9	4	8	7	3	6	5	1
6	3	1	2	4	8	9	7	5
9	7	8	3	5	1	4	6	2
4	2	5	7	6	9	3	1	8

ALPHA TRIANGLE
M, Ma, Sam, Aims, Sigma, Ageism, Enigmas.

GO FIGURE
Easy
3 + 7 + 9 − 2 = 17
Medium
3 − 6 + 7 x 6 = 24
Hard
8 x 2 x 4 − 7 = 57

LOOP

KAKURO

Volume No 17, Issue No 244 RNI NO:KARENG/2007/21142 Published for the Proprietors, Metropolitan Media Company Ltd by R.J. Prakashan at No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011 and printed by him at Bennett Coleman & Co Ltd., The Times of India Press, No. 9/10/11-A, 4th Main, KIADB Bommasandra Industrial Area, Anekal Taluk, Bangalore - 560 099 (Phones : Press : 080-22899999; Editorial : 080-40877666, Fax – 40877545, Registered Office: No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru - 560 011, Email : mybangaloremirror@timesofindia.com Editor : Ms. Seena Menon - responsible for selection of news under PRB Act. © Reproduction in whole or in part without the written permission of the Publisher is prohibited.

Milestones in life

PC opens up on life after having Malti and initial dark days in Hollywood

Priyanka Chopra revealed recently how her sleep cycle has become utterly different post-daughter Malti Marie's arrival. Priyanka is married to American singer Nick Jonas and the couple welcomed their daughter via surrogacy in 2022.

Recently, Priyanka visited Cavanaugh James' podcast 'Read The Room', where she talks about the most unexpected thing about motherhood. "Motherhood changed my whole sleep pattern," she continues. She said that she cannot sleep like before. "I am the

lightest sleeper, I can hear everything, I am so vigilant when it comes to a cry or a sound," she said. Priyanka said she woke up several times at night to check on her baby girl, who would cry. ''I used to sleep at 10 am, be up all night." she added.

She also candidly spoke about how she shifted from Bollywood to Hollywood and just what it was like fighting there. Although successful in India, Priyanka suffered multiple rejections after she moved to the U.S. She said she was humbled by it, "I started right from the beginning. In India, I was a cover star, but in the U.S., they wouldn't even take a meeting with me." Instead of being demotivated, she kept on fighting through the rejections. "I didn't come in here with my pride, 'I am a leading lady and blah blah. I put my head down and did the work,'' she said, explaining how that attitude led to her success in Hollywood. Priyanka also spoke about loneliness she had once moved to New York City. She described early years in the United States as a "dark period" of her life. "It was very scary. I didn't have friends who would call at 2 in the morning," she recalled. — ETimes

SANDALWOOD SHOTS

Y MAHESWARA REDDY

Work in progress

The post-production works of Koragajja is in progress. The movie's shooting was completed seven months ago but post-production work has been delayed. Re-recording of a song, sung by Sunidhi Chauhan, was done in Mumbai recently. The movie is helmed by Sudhir Attavar. It is Attavar's fourth movie as a director in Sandalwood.

"As of now, I am busy with VFX work of the movie in Kochi. We engaged sound designer Bibin Dev, who worked for multi-lingual movie Pushpa, for this movie,'' said Attavar. The director said he faced problems during the shooting. "The cast and crew of the movie were attacked thrice during the shooting. I had to shoot the climax four times. Senior actress Shruthi, who plays Korajja's foster, could not complete a scene. She took 18 takes to do it. Shruthi told me that some godly power insists on perfection,'' the director said.

Koragajja, a period film that dates back to 12th century, is scheduled to release in six languages. Bollywood actor Kabir Bedi debuts in Sandalwood with this film. "Kabir Bedi's acting is amazing. He plays a king in the movie. Many directors have tried to make a movie on Koragajja for the last 15 years but did not succeed,'' the director said.

The song is a hit

The team of Kora is excited about the tremendous response to Oppikondalu, a song from the film. The song has got more than one million views. The team is making preparations for the release of Kora next month.

The movie is helmed by Orata Sri while P Murthy, apart from playing the villain, has bankrolled the film. Tsunami Kitty plays the lead while Charishma is the female lead. "I am very happy with the success of the song. The movie revolves around tribals in Sakaleshpur and other areas. I thank the cast and crew of the movie for their cooperation. The movie's shooting was held in forest areas of Sakaleshpur, Chikkamagaluru, and Horanadu where basic amenities are not available,'' said producer P Murthy.

He said the remake rights of this movie for Telugu and Tamil were already sold out.

Orata Sri thanked the producer for giving him a chance to direct this movie. "Tsunami Kitty, who is famous from reality shows, debuts as a hero with this movie. All should watch the movie in theaters next month,'' the director said. Tsunami Kitty thanked the director and producer. "All of us have worked hard and the movie has come out well,'' he said.

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